

# The Role of Alert Husband during Wife's Pregnancy in the Sukorejo Community Health Centre in Blitar City Indonesia

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**Abstract:** *Alert husband is always ready whenever his wife needs him, always accompany his wife everywhere, especially when pregnancy inspection to the doctor or midwife, and protect his wife and baby's health. The purpose of this research is to explain the role of alert husband during pregnancy in Sukorejo District, Blitar City. The research design used was descriptive. The population of this research was the husband of an expectant mother in Sukorejo District, Blitar City and the total samples taken were 40 husbands with purposive sampling technique. Data was collected by questionnaire. Data collection was done on March, 20<sup>th</sup> - April 06<sup>th</sup>, 2017. The result of this research showed that the role of husband alerts during pregnancy had good category with percentages of 57.5% as many as 23 of the wife's husband. The recommendation for Sukorejo community health center can be used to develop the service such as provide information, giving fathers a class about the role of alerts husband during pregnancy, and recommendation for expectant mother's husband to remind his roles such as make-wife comfortable when she's sleeping, remembering and choosing food and drink which is right to wife's pregnancy, and accompany when his wife is going for pregnancy inspection.*

**Keywords:** Role, Alert, Husband, Pregnancy

## 1. Introduction

Pregnancy is a physiological process in a woman (Maryunani, 2010: 293). According Saifuddin in Rukiah et al. (2009: 2), the definition of pregnancy begins from conception to the birth of the fetus, normal pregnancy duration is 280 days (40 weeks or 9 months 7 days) counted the first day of the last menstrual period. To solve the problem or severity during pregnancy, there is antenatal care (Saifuddin in Rukiah et al, 2009: 2). Antenatal care is a care given to pregnant women to monitor, support maternal health and maternal detect whether normal or problematic pregnant women (Saifuddin in Rukiah et al, 2009: 2). Health checks of pregnant women should meet the minimum frequency in each trimester i.e once in the first trimester (gestational age 0-12 weeks), once in the second trimester (gestational age 12-24 weeks), and twice in the third trimester (gestational age 24 weeks until delivery). Assessment of the implementation of maternal health services can be done by looking at the coverage of K1 and K4 (Indonesia Health Profile, 2015: 106). K1 is the first contact of pregnant women with competent health personnel, to obtain integrated and comprehensive services according to standard. First contact should be done as early as possible in the first trimester, preferably before week 8. While K4 is pregnant women with 4 or more contacts with competent health personnel, to obtain integrated and comprehensive services according to standard. Antenatal visits may be more than 4 times as needed and if there are complaints, diseases or pregnancy disorders. This visit is included in K4 (Ministry of Health, 2010). According to the Directorate General of Public Health Kemenkes RI (2016), coverage of health services K1 pregnant women in 2015 amounted to 95.75% increased from 2014 amounted to 94.99%, and K4 coverage in 2015 of 87.48% also increased from year 2014 which amounted to 86.70%. In East Java, coverage of health services of K4 pregnant women reached 91.24%. Meanwhile, based on Blitar City

Health Profile (2014: 42-43) Scope visit pregnant women in 2014 was 87.96% K1 coverage and coverage K4 78.59% figure is an increase compared to the year 2013 i.e K1 coverage of 81.30% And K4 71,41%. However, if the national target of K4 SPM in 2014 is 94% and the end of 2015 is 95% then the achievement is still far from the national target. While coverage of pregnant women visit by sub-district in Blitar City in 2014 that is Kepanjen kidul K1 93,84% and K4 82,6%, Sananwetan K1 95,92% and K4 88,19% and Sukorejo K1 74,81% and K4 65 19%. Based on K1 and K4 coverage data is recognized that the process of pregnancy until delivery involves a lot of people. Pregnancy is not only the mother's responsibility as a person who is naturally able to conceive but also the responsibility of the husband as a person who contributes in determining pregnancy, both biologically and socially. Recognizing the important role of the husband during the mother's pregnancy, the government campaign husband program "standby" (ready, inter, guard). Through the campaign the government hopes to encourage her husband to take responsibility for pregnant's wife health (Anggriani, 2010). As a good husband should know what to do when the wife is pregnant. Good and proper treatment is very influential on the health of the wife and the fetus it contains. Therefore, the role of the husband can have a positive effect for the development of pregnancy (Andrianto, 2014: 16). Husband is a ready-made husband who is always ready if the wife needs it, always take the wife wherever, especially when examined the womb to the doctor or midwife, and keep the health of the wife and prospective baby. Being a standby husband is a clear proof that the husband fully supports his wife's pregnancy. Full support and the real role of husbands against pregnant wives can increase the readiness for pregnancy and childbirth (Andrianto, 2014: 93). In the concept of alert husband, which must be done when the wife's husband is ready for pregnancy, among others, swift in dealing with the complaint of the wife, giving attention and affection, taking the wife on vacation, assisting the wife's job at

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home, reminding about food and drink during pregnancy, inviting the fetus to communicate, foster self-confidence on the wife, the wife comfortable during sleep, avoid arguments and bad behavior, as well as accompany and keep his wife whenever needed. (Andrianto, 2014). Results of the evaluation showed that the program idle husband and husband standby campaign has strong impact on the behavior of men where an increase in the number of husbands who accompanied his wife when antenatal care and during childbirth (Ali, 2010). Based on the results of Preliminary Study conducted by researchers in seven pregnant women in the room KIA Pustu Sukorejo Blitar City on October 27, 2016, from 7 respondents were only three pregnant women or 43% were escorted by her husband, two other pregnant women accompanied by his mother, as well as two other departing own check. Of the 3 husbands who escorted their wives, the pregnancy checks can mention pregnant women's complaints such as nausea, vomiting, or lumbago. In addition, always succumb when the wife is angry, and can mention good food and drinks during pregnancy such as eggs, fruits, and vegetables. However, the husband of knowledge about the danger signs of pregnancy is still lacking and pregnant wife let alone doing homework. Based on the above data, researchers interested in studying the role of husband Standby (ready, inter, guard) during pregnancy in Kota Blitar District Sukorejo.

## 2. Methods

This research uses descriptive research design. The study population was the husband of pregnant women in the Regional District Sukorejo of Blitar. Population was 66 pregnant mother's husband, a sample size of 40 husbands of pregnant women taken by using purposive sampling. Data collection was done by giving questionnaire. The time the data was taken at March 20 - April 6, 2017.

## 3. Result

In general, the role of the standby husbands during pregnancy in Kota Blitar District Sukorejo as follows.

**Table 1:** Standby husband's role during pregnancy in District Sukorejo Blitar City, April 2017 (n = 40).

No.	The role of the husband is alert during pregnancy	Frequency	Percentage
1.	Good	23	57.5%
2.	Fair	16	40%
3.	Less	1	2.5%
Amount		40	100%

The table above showed that more than a half of husbands in sample took quite a good role and only one husband played a less category.

## 4. Discussion

Based on the results of the study of 40 pregnant women in Sub husband Sukorejo Kota Blitar, it is known that most respondents ie 57.5% (23 people) do The role as husband of standby during pregnancy with good category, part of

respondent that is equal to 40% (16 people) do role as husband of standby during pregnancy with enough category and very few respondent that is equal to 2.5% (1 respondent) perform role as husband standby during Pregnancy with less category.

### The role of the husband in standby during pregnancy with good category

The research showed that almost all pregnant women who have husbands either category within the parameters of attention and affection to his wife which is an average of 94% (38 respondents), as well as listening to the complaints wife parameter that is an average of 91.5% (37 respondents). According to Hamizan (2013) every pregnant every woman has a different character, and almost all pregnant women become more spoiled and want to be noticed and loved by the husband. Therefore, the husband must understand and give more affection and attention to the wife when she is pregnant. Because this role is easy for the husband to do, the average role is well done. So this well-done role will help the wife to feel light in his days, and also psychologically the wife will feel more dear and ready in the pregnancy and birth process of the child's birth later. Researchers argue that giving attention and affection to the wife, and listening to the complaint of the wife is one of the roles that must be done husband when his wife is pregnant. Although sounds trivial, but the role is important to grow the spirit of the wife during pregnancy to give birth. Most husbands perform the role well because it is easy to do and does not require energy, cost, or time that much.

Results of cross tabulation between age and idle husband's role during pregnancy are available either category Where the highest number of pregnant women at the age of 34 years as many as 3 respondents. BKKBN (2012) stated households need to pay attention for maturation Age of Marriage (PUP), where the sense is an attempt to increase the age at first marriage, so as to achieve a minimum age of 20 years for women and 25 years for men. Her aim is to give understanding and awareness to adolescents in order in family planning; they can consider various aspects related to family life. Researchers argue that if the husband aged over 25 years or more life journey, the husband can be more mature, can make decisions wisely, got a job that's for sure, and can treat his wife well because it has got the experience of the environment and people in surrounding. Cross-tabulation between work and idle husband's role during pregnancy, showed there is a good category, the husband who has the self employment of 20% (8 respondents). According Nathan McKelvey in Zimmerer & Scarborough (2008), entrepreneurship is suitable for people who love freedom and independence. Free to choose where they live, the hours they like, and what they do. Many of these entrepreneurs give top priority to lifestyle issues, such as having more time for family and friends, more free time, and more control over the pressure of work. Researchers thinks that the husband's occupation as self-employed or farmers work schedule can be adjusted with the desire, so that when the wife needs a husband can be responsive grievance. However, the job does not necessarily determine the role of the husband,

because it depends on how the husband regulates the time, the husband's way of being responsible when the wife is pregnant, and the husband's own awareness.

### **The role of the alert husband during pregnancy with sufficient category**

Research showed that most husbands of pregnant women who have enough categories within the parameters of the wife invite vacation which is an average of 73% (29 respondents). According Andrianto (2014) Pregnancy does bring a lot of changes, both in terms of physical, psychological, and even a change in atmosphere in the family. Vacation or go somewhere lovely (holiday) can be one trick in making his wife entertained. However, some husbands do not do so for fear of endangering their pregnant wife. Researchers experienced that some husbands are rarely took his pregnant wife to vacation like to recreation or to a relative's house because most of the pregnant mother's husband thought when his wife invited on holiday it will be bad for the health of his wife and unborn.

The result of cross-tabulation between the last education and the role of the alert husband during pregnancy was found to be sufficient category that is SD of 10% (4 respondents). According to Cholill et al (1998), The lower the husband's knowledge, the access to his wife's health information is decreasing so the husband will have difficulty in making the decision effectively. Researchers found throughout the lower the educational level the less well husband accomplishments role as the husband of knowledge about things to do when his pregnant wife, knowledge of the signs and dangers of pregnancy, as well as how to address the concerns of pregnant wife was also lacking. Likewise, in the role of wife took a vacation could not be reached either, because the husband did not know the benefits and how vacation is right when pregnant wife

### **The role of the husband in standby during pregnancy with less category**

From the research results can be seen that there is a pregnant woman whose husband has less categories within the parameters of the wife comfortable during sleep by 50% (20 respondents) and alert and choose the right food and drink for a pregnant wife at 51.5% (21 respondents). According to Pramayadi (2011) that should be done husband to provide a comfortable sense of comfort to the wife during sleep is to play a favorite song of the wife slowly, giving a gentle massage to the wife before bed, and avoid the unpleasant smell in the room. According Asmadi (2008), listening to music is one of the techniques distract attention (distraction). According Romana and Dance in [www.compasiana.com](http://www.compasiana.com) (2011), one of the things that must be done when the husband and pregnant wife are attentive to the needs to eat, drink and rest wife. It is the duty and obligation of a husband to always keep his wife's nutritional intake. Lack of nutrients needed during pregnancy can cause. Fetal growth is not perfect. However, rarely do both roles husband because the husband considers his pregnant wife has been doing both roles well. The investigators suggest that the husband

rarely perform the role of the wife comfortable during sleep due to animate favorite music with his wife quietly feared to disturb her sleep, while the reasons are not done changing bed linen every week and give fragrance to the room because that role has been performed by the wife that her husband did not do it. In addition, husbands also rarely choose the right foods and drinks for pregnant women because most husbands pregnant women already believe his wife must choose good food and beverages during pregnancy. Cross-tabulation between education and idle husband's role during pregnancy, there is a category of less on SMP of 2.5% (1 respondent). According to Cholill et al (1998), The lower the husband's knowledge, the access to his wife's health information is decreasing so the husband will have difficulty in making the decision effectively. According to the researchers the lower the level of education and knowledge of the husband the less is also the role he does because the husband's knowledge about things to do when pregnant wife, knowledge about signs and dangers of pregnancy, and how to deal with pregnant women are also lacking. So also related to the lack of knowledge in making the wife comfortable during sleep and remind and choose the right foods and drinks for pregnant women.

Cross Tabulation between work and idle husband's role during pregnancy, there is a category of less, the husband who has a private job as much as 2.5% (1 respondent). According Septyaningrum et al (2015), work like worker / private employee / employee indicates that a person has its own busy life where a lot of the time it takes to earn a living for the family which allows to reduce the time to can participate more in the care of his wife's pregnancy. Researchers believe that the work of husbands such as civil servants or the private sector requires husbands to work according to the schedule, so that sometimes husbands cannot get their pregnant women checked, or can not cope with the wife's complaints when he is busy working. In addition, because of busyness, the husband played less in making comfortable wife while sleeping and reminded and choose the right foods and drinks for pregnant wife. However, the job does not necessarily determine the role of the husband, because it depends on how the husband regulates the time, the husband's way of being responsible when the wife is pregnant, and the husband's own awareness.

## **5. Conclusions**

Based on the results of research and discussion can be concluded that the role of alert husbands during pregnancy in Kota Blitar District Sukorejo some respondents in good category is equal to 57.5% (23 people), the majority of respondents in fair category by 40% (16 people), and very few respondents categorized as less than that of 2.5% (1).

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